

## Student Learning Outcomes

### Physical-Education,-Health-&-Athletics-2009

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#### Five College Learning Outcomes:

- 1. Written, Oral and Visual Communication:** *Communicate effectively in writing, orally and/or visually using traditional and/or modern information resources and supporting technology.*
- 2. Scientific and Quantitative Reasoning:** *Locate, identify, collect, and organize data in order to then analyze, interpret or evaluate it using mathematical skills and/or the scientific method.*
- 3. Critical Thinking:** *Differentiate between facts, influences, opinions, and assumptions to reach reasoned and supportable conclusions.*
- 4. Problem Solving:** *Recognize and identify the components of a problem or issue, look at it from multiple perspectives and investigate ways to resolve it.*
- 5. Information Literacy:** *Formulate strategies to locate, evaluate and apply information from a variety of sources - print and/or electronic.*

#### I. Degrees and Certificates

##### 1. What degrees and certificates does your discipline offer?

-We offer a certificate in Personal Fitness Training.

##### 2. Keeping in mind the five College Learning Outcomes above as well as what your discipline specifically requires of your graduating students, what should students be able to do when they have completed your discipline's requirements for each degree or certificate?

-Develop practical skills in teaching, evaluating, and motivating participants in healthy activities.

-Properly screen and identify possible contraindications

-Demonstrate the knowledge and ability to instruct proper performance of injury prevention techniques.

##### 3. How do students in your program demonstrate that they meet each of the college-wide learning outcomes? What courses, activities, and/or projects are students required to complete that relate to each outcome?

###### i. Written, Oral and Visual Communication

-Students are required to research and write article summaries on topics that pertain to the material presented in class.

-Students give oral presentations on their areas of interest.

-Students must demonstrate the proper technique for a variety of exercises.

###### ii. Scientific and Quantitative Reasoning

-Students conduct a variety of physical assessments by collecting and interpreting data and comparing the results to the norm charts for each assessment.

###### iii. Critical Thinking

-Analyze proper technique and body mechanics utilized during exercise and physical activity.

-Conceptualize the relationship of intensity, volume, rest and

recovery in anaerobic and aerobic training.

-Evaluate exercise participants' abilities to use appropriate weight loss techniques, set short/long-term goals, and recognize considerations for healthy weight loss.

-Synthesize gross anatomy and exercise physiology in relation to resistance training.

#### **iv. Problem Solving**

-Students design a program for various special populations focusing on safe and effective exercises

#### **v. Information Literacy**

-Students must conduct research using the internet, periodicals and books to evaluate various theories and techniques of exercise.

## **II. General Education:**

### **1. Does your discipline offer any classes which count for general education requirements?**

Yes

### **2. Which General Education courses in your discipline address each of the five College Learning Outcomes? Please list courses for each of the following:**

#### **i. Written, Oral and Visual Communication**

-All of our activity courses count toward the general education requirement.

#### **ii. Scientific and Quantitative Reasoning**

-All of our activity courses count toward the general education requirement.

#### **iii. Critical Thinking**

-All of our activity courses count toward the general education requirement.

#### **iv. Problem Solving**

-All of our activity courses count toward the general education requirement.

#### **v. Information Literacy**

-All of our activity courses count toward the general education requirement.

## **III. Course Level Outcomes:**

### **1. Do all of your Course Outlines of Record include Student Learning Outcomes? If not, are you revising them?**

-All of our course outlines of record do include Student Learning Outcomes

### **2. What percentage of faculty members in your discipline include SLOs in their course syllabi?**

-100% of our faculty members include SLOs in their course syllabi

### **3. Assessment:**

#### **i. How often do you assess these SLOs?**

-We assess 3 classes each semester

-We assess 2 SLOs for each of the 3 classes

**3. Assessment:**

**ii. In the last two years every discipline developed SLOs specifically related to College Learning Outcome #3: Critical Thinking. Have you assessed this or any of the stated Student Learning Outcomes in your course outlines over the last year? If so, please summarize the results.**

-We assessed 3 classes in the fall 2009

-Sports Nutrition, Personal Fitness Trainer Certification, Drugs and Society

-The 7 SLOs that we assessed had consistent numbers, 5 of SLOs scored above 90%, 1 scored around 50%, and 1 scored around 35%

**3. Assessment:**

**iii. What improvements have you made or do you plan to make in the future?**

-Continued education on the SLOs and the assessment process will improve the overall consistency of the education process

**3. Assessment:**

**iv. What do you plan to assess this year? Who will you assess? How will you assess?**

- We plan to assess our weight training courses

-We plan to asses our weight, control, exercise and nutrition course

-We plan to asses our advanced first aid/first responder course